

# Kursplan

08.07.2024 - 14.07.2024

**RELAX POINT**  
 Damaschkestr. 8  
 06766 Wolfen  
 03494 45079  
 kontakt@relaxpoint.de



Montag 08.07.2024	Dienstag 09.07.2024	Mittwoch 10.07.2024	Donnerstag 11.07.2024	Freitag 12.07.2024	Samstag 13.07.2024	Sonntag 14.07.2024
<div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">16:15 - 17:00 Reha -Ortho Holger</div> <div style="background-color: #ff0000; color: white; padding: 5px; margin-bottom: 5px;">17:15 - 18:00 Body Styling Holger</div> <div style="background-color: #ff0000; color: white; padding: 5px; margin-bottom: 5px;">17:30 - 18:30 Indoor Cycling Torsten</div> <div style="background-color: #ff0000; color: white; padding: 5px;">18:15 - 19:15 LesMills BODYPUMP® Holger</div>	<div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">10:00 - 10:45 Reha -Ortho Holger</div> <div style="background-color: #0056b3; color: white; padding: 5px;">17:00 - 17:45 Reha -Ortho Jennifer</div>	<div style="background-color: #00ff00; color: white; padding: 5px; margin-bottom: 5px;">10:30 - 11:15 Pilates Holger</div> <div style="background-color: #ff0000; color: white; padding: 5px; margin-bottom: 5px;">17:45 - 18:15 Bauch intensiv Marie</div> <div style="background-color: #ff0000; color: white; padding: 5px; margin-bottom: 5px;">17:45 - 18:45 Stationstraining</div> <div style="background-color: #00ff00; color: white; padding: 5px; margin-bottom: 5px;">18:15 - 18:45 Rückenfitness Marie</div> <div style="background-color: #0056b3; color: white; padding: 5px;">19:00 - 19:45 Reha -Ortho Marie</div>	<div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">09:00 - 09:45 Reha -Ortho Holger</div> <div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">10:00 - 10:45 Reha -Ortho Holger</div> <div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">11:30 - 12:15 Reha -Ortho Marie</div> <div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">17:00 - 17:45 Reha -Ortho Holger</div> <div style="background-color: #ff0000; color: white; padding: 5px; margin-bottom: 5px;">17:00 - 17:55 ZUMBA* Silvia</div> <div style="background-color: #ff0000; color: white; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Indoor Cycling Holger</div> <div style="background-color: #ff0000; color: white; padding: 5px;">19:15 - 20:15 LesMills BODYPUMP® Holger</div>	<div style="background-color: #00ff00; color: white; padding: 5px; margin-bottom: 5px;">09:30 - 10:15 Frühstarter Holger</div> <div style="background-color: #00ff00; color: white; padding: 5px;">18:30 - 19:30 Yoga Birgit</div>		

■ Gesundheit     
 ■ Kraft/Ausdauer     
 ■ Rehabilitation

Stand: 12.07.2024